



Edgbarrow School  
**Year 11**  
**GCSE Physical Education**



**Curriculum Intent**

*Inspire long term healthy active lifestyles. To equip pupils with the skills, knowledge and confidence for lifelong participation in sport and exercise.*

- **What am I studying this year?**
- **When and how will I be assessed?**

Topic	Time of year	Assessment
Sports Psychology	Autumn Term	50 mark assessment
Sport and Society	Autumn Term/Spring Term	50 mark assessment
Health and Fitness	Spring Term	50 mark assessment

**Year 11 Assessment:** Date TBC

**You need to revise the following:**

**Paper 1**

*Cardiovascular System  
 Respiratory System  
 Musculoskeletal System  
 Anaerobic and Aerobic exercise  
 Levers  
 Muscle Action  
 Planes and Axis  
 Components of Fitness  
 Fitness Testing  
 Principles of Training  
 Types of training*

**Paper 2**

*Sports Psychology  
 Participation  
 Commercialisation  
 Technology  
 Ethical Issues  
 Physical, emotional and social health  
 and fitness wellbeing  
 Lifestyles  
 Diet  
 Use of data*

**This can all be accessed from:**

Exercise books, Revision guides, BBC Bitesize, GCSEPod

**Marking for literacy**

Longer answers and written work will be marked for at least one of the below, your teachers will tell you which.

- Sp – Spelling mistake of key term
- // - Needed new paragraph
- C – Capital letter missing
- P – Punctuation needed

**Expected presentation of work**

- Take care of your book.
- Title and date all work.
- Write as neatly as you can in pen.
- Cross through neatly any rough/incorrect work.
- Stick all sheets in yourself.
- Diagrams, graphs, drawings should all be done in pencil.